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Garcia Presents Senior Health and Fitness Day

Encourages seniors to stop in to receive free health screenings on May 3 at Challenger Elementary School in Howell

LANSING – Senator Valde Garcia, R-Howell, today announced that a Senior Health and Fitness Day will be held on Saturday, May 3, from 9:00 AM to 1:00 PM at Challenger Elementary School in Howell.

“Senior Health Day is a great opportunity for seniors to learn more about their health, through free screenings, informational brochures and interactive presentations,” Garcia said.

Free vision, osteoporosis, foot screenings, blood pressure, hearing aid checks and nutritional assessments will be available at Challenger Elementary School, 1066 W. Grand River in Howell.

Two 30-minute interactive sessions on “Walking and Stretching” and “Keeping Your Heart Healthy” will be featured during the event. The sessions will be held at 9:30, 10:15, 11:00 and 11:45 AM.

Senior Health and Fitness Day is being presented by Saint Joseph Mercy Livingston Hospital, Brighton Athletic Club, Oakland/Livingston Human Services Agency and Senator Garcia.

There is no cost or registration required to attend the Senior Health Screening Day. For more information please call (800) 516-0026.